29:Dempsey M-5 (1940-1954) 1955
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narrow circular hole in the ground about a foot deep, and steadily pounded with a heavy, six-foot pole wielded with all the strength a young pair of arms and shoulders can bring to the task. The coarse flour which results from this operation is soaked in water and then ground again, this time between two hard, rough stones. The flour is ready for use; it is mixed with water and boiled in a shallow iron dish to make a thick porridge, and this, flavoured with a little salt if that is available, and mixed with a little milk, constitutes the meal. Young women, however, are denied the luxury of milk, unless they are nursing a baby.

By the time the women have returned from the river, ground the flour and cooked the porridge, it is already nine o'clock. If it is the dry season and there is no work to be done in the fields, the men have been sitting around since sunrise busy perhaps with some task such as making a grass rope or weaving a fish trap, or merely gossiping away the time until their food is ready. When a woman has cooked her husband's breakfast she takes it into the living hut, and then leaves while he eats. She never eats with him, though she may return later, before he has finished, and eat her own meal sitting apart; she may also join other women and eat with them. When breakfast is over the men resume their tasks, and if there is a nice part of the river bank shaded with trees, such as is to be found at Detwok, they will take their rope making and weaving materials or their fishing net and pass the day there pleasantly enough. The young boys untether the bleating sheep and goats which pour out of the village running in search of grass and water, followed by their herds who add to the din by yelling and whistling; the cattle follow at a more leisurely pace in charge of the older boys. Soon the village is empty of animals save for the mangy, half-starved dogs nosing about for scraps of food, and the scraggy chickens picking up grains of millet scattered here and there in the compound. The little girls appear, staggering under the weight of the fat babies they carry on their hips. The women and the older girls go about the never-ending household tasks, cleaning up after their untidy menfolk,